1-24 (canceled)

25. (currently amended) ~~The method of claim 22 further comprising the step of~~ A method for encouraging diverse exercise activity of a user, comprising the steps of:

providing an exercise machine comprising a frame, force receiving members linked to the frame for movement in closed paths relative to the frame, the force receiving members comprising an arm supporting member moved by an arm of the user and a leg supporting member moved by a leg of the user, resisting means for resisting movement of the force receiving members in the closed paths;

displaying a first arrangement of first exercise performance data describing exercise performed by the user while the resisting means is providing a first level of resistance to movement of the force receiving members that is less than a threshold level;

displaying a second arrangement of second exercise performance data describing exercise performed by the user while the resisting means is providing a second level of resistance to movement of the force receiving members that is greater than the threshold level;

switching the level of resistance to movement of the force receiving members provided by the resisting means between the first and second levels of resistance during the exercise activity such that the user is encouraged to perform primarily cardio exercise when the resisting means provides less than the threshold level of resistance, and such that the user is encouraged to perform primarily strength exercise when the resistance means is providing greater than the threshold level of resistance; and

providing a visual indication to the user as to whether the user is performing primarily cardio exercise when the resisting means is providing less than the threshold level of resistance to movement of the force receiving members or performing primarily strength exercise when the resisting means is providing greater

than the threshold level of resistance to movement of the force
receiving members.

26-29 (canceled)

30. (currently amended) ~~The method of claim 22 further
comprising the steps of:~~ A method for encouraging diverse exercise
activity of a user, comprising the steps of:
    providing an exercise machine comprising a frame, force
receiving members linked to the frame for movement in closed paths
relative to the frame, the force receiving members comprising an
arm supporting member moved by an arm of the user and a leg
supporting member moved by a leg of the user, resisting means for
resisting movement of the force receiving members in the closed
paths;
    displaying a first arrangement of first exercise performance
data describing exercise performed by the user while the resisting
means is providing a first level of resistance to movement of the
force receiving members that is less than a threshold level;
    displaying a second arrangement of second exercise performance
data describing exercise performed by the user while the resisting
means is providing a second level of resistance to movement of the
force receiving members that is greater than the threshold level;
    switching the level of resistance to movement of the force
receiving members provided by the resisting means between the first
and second levels of resistance during the exercise activity such
that the user is encouraged to perform primarily cardio exercise
when the resisting means provides less than the threshold level of
resistance, and such that the user is encouraged to perform
primarily strength exercise when the resistance means is providing
greater than the threshold level of resistance; and
    providing a visual indication to the user as to whether the
user is performing primarily cardio exercise when the resisting
means is providing less than the threshold level of resistance to
movement of the force receiving members or performing primarily

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strength exercise when the resisting means is providing greater than the threshold level of resistance to movement of the force receiving members,

    wherein the first exercise performance data indicates a cumulative amount of exercise performed by the user when the resisting means was providing less than the threshold level of resistance to movement of the force receiving members, and

    wherein the second exercise performance data indicates a cumulative amount of exercise performed by the user when the resisting means was providing greater than the threshold level of resistance to movement of the force receiving members.

    31-40 (canceled)